



The voice of the

HWARANG



Volume 20, No.3

For the warriors of UFL 2005

August 23, 2005

S-1 Starts the Exercise in Advance

**Story and Photo by
Pfc. Lee, Jung-woo**

It's August. That can be translated into the fact that we will train to be prepared to defend South Korea from foreign aggression. To conduct exercises successfully, USTAC-K, S-1 Soldiers prepare for it in advance. The S-1 section manifested participating Soldiers in the weeks before the exercise.

"We do the work by breaking the Soldiers into manageable units," said Cpl. Jeffrey Taylor, an S-1 Soldier. "So, we can perfectly check the list of participants and keep the

classified information intact by preventing unauthorized personnel from being involved in this exercise."

This year, the Soldiers were



Pfc. Park, Hyung-min, who works at USATC-K S-1, makes documents related to the upcoming UFL exercise. S-1 is in charge of manifestation of the Soldiers who participate in exercises including RSO&I and UFL.

checked in and processed as units instead of as individuals, making initial movement simpler.

"At first, it was time-consuming work. Processing hundreds of people is formidable," said Taylor.

USTAC-K, S-1 staff is not only processing USFK personnel, including 8th U.S. Army Soldiers, but in charge of dispatching replacements throughout the Peninsula as well. Cpl. Taylor said that they are kept busy by a plethora of paperwork. He stated, however, that he is so proud of being a part of the UFL exercise by organizing it from the beginning.

Multi-national Pre-accident Plan Exercise

**Story and Photo by
Area III, Korea Region Office**

Recently the Camp Eagle Airfield (H-401) in Wonju, Korea conducted a test of the airfield's pre-accident plan. The exercise was kicked off at the hot refuel facility with a simulated fire of an Apache aircraft followed by an explosion. Realism was added with the use of a smoke generator. More than ten volunteer casualties from tenant units were outfitted with simulated plastic wounds complete with "strawberry syrup" blood. The

Camp Eagle airfield rescue fire fighting team was quick to respond followed by medical personnel and military police from Camp Long. Due to the size of the simulated fire and number of casualties, assistance was requested from local military units. The Republic of Korea Air Force at Wonju (K-46) participated with a fire truck and crew to assist in firefighting and the moving of casualties to a safe distance where they could receive triage. The First Republic of Korea Army (FROKA) assisted



with an ambulance and medics from Medical Command. It was a highly successful exercise that proved Soldiers and civilians from two nations joining forces in an unrehearsed emergency exercise are effective and do work well together.

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Voice of Warriors:

What do you like about Camp Walker?



Maj. Timothy W. Rogers
Observer Trainer
Marine Corps University

"A lot of things to do in such a small place."



Master Sgt. Sarah Tillman
Chaplain's Office NCOIC
USFK/HQ Troop Command

"Coming to Camp Walker gives us a chance to see another area of Korea. Walker is a small post and less 'busy' than Yongsan."



Sgt. David L. Grantham
Human Resources Sergeant
EUSA Inspector General

"Change in pace from Yongsan with different Missions."



Pvt. Lee, Chul Woo
Computer Operator
G3 Forces Development/Plans

"I think the air is clean, the scenery is good and also the atmosphere is so quiet and comfortable."

Chaplain's corner: Change is Good!

**By Chaplain (Col.) Michael W. Malone,
8th U.S. Army Command Chaplain**

There's a Dilbert cartoon that speaks to change. Dilbert is pointing his finger at the reader, saying, "Change is good! You first!" We humans like the familiar and resist change. We do this because the familiar is more comfortable than moving outside of our comfort zones. The Army is in a constant state of change. It has been in that state since the 1775. While the world and cultures change around us, our task is

to meet the challenge of defending our country and our allies using methods and systems that work today. Change brings us out of our comfort zones into an area of discomfort. The best we can do is trust God and our leaders. Change tests our patience and dispositions. Those who study leadership say that, "Attitude is everything." Jesus said, "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own (Matthew 6:24)."

Weather For Camp Walker

AUGUST 23



Hi	Low
81 F	67 F
27 C	19 C

AUGUST 24



Hi	Low
80 F	61 F
27 C	16 C

AUGUST 25



Hi	Low
79 F	66 F
26 C	19 C

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Korean Tongue

by Cpl. Kim, Joon-sik

Dialogue 1

Maj. Brown : Good Morning. Did you sleep well last night?
<Brown So-ryung : Jo-eun Ah-chim! Uh-jet-bham-eh Jhal-jah-ssuh-yo?>
Pvt. Kim : Yes, Sir.
<Kim E-byung : Neh.>

Dialogue 2

Staff Sgt. Erickson : Please give me some blank papers.
<Erickson Hah-sah : Jong-ee-jom Joo-seh-yo.>
Sgt. Lee : Here you are, sergeant.
<Lee Byung-jahng : Yeuh-gi It-sseum-ni-dah.>

Vocabulary

Major : <So-ryung>
Staff Sergeant : <Hah-sah>
Sergeant : <Byung-jahng>
Private : <E-byung>
Good Morning : <Jo-eun Ah-chim>
Last night : <Uh-jet-bham>
Paper : <Jong-ee>
Please give me~ : <~Joo-seh-yo>
Here : <Yeuh-gi>



Voice of the Hwarang Staff (AUG 2005)

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Thought of the Day: When money speaks, the truth keeps silent.

- Author unknown



Useful Stretches in Workstation

Story by
Pfc. Shim, Yung-sik

Twelve long working hours in an office makes the body mentally tired. Even if your job does not involve excessive movement or physical activities, there are still possibilities you may suffer from back pain or stiffened muscles. If you work for an hour, take a five minute break for relaxing and stretching to prevent any injuries.

Before mentioning about stretches, some basic information needs to be recognized. First, you need to relax. Joints are put under stress when you stretch them. So, a little movement or jog is needed. Next, you need to breathe naturally. Third, you have to stretch everyday to keep flexible. Last, try to stretch the whole body.

These exercises should be performed gently and should not cause pain or discomfort. If you experience any discomfort or dizziness, do not proceed. It might cause injury to the joints.



1. Gently pull your elbow behind your head, slowly creating a stretch. Hold for 30 seconds and release.



2. Interlace your fingers above your head. Push your arms slightly back and up, holding the stretch for 10 seconds.



3. Place your arms behind your back. Gently pull one arm down and tilt your neck to the opposite shoulder. Hold for 5 seconds each side.

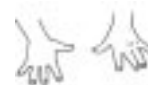


4. Bend your arms and place your palms together in front of you. Press your palms together gently. Hold for 10 seconds and release.



5. With fingers interlaced behind your back, lift your arms up behind you until you feel a stretch in your arms, shoulder or

chest. Hold for up to 15 seconds. Keep your chest and chin in.



6. Holding your hands out in front of you. Scrunch your fingers for 5 seconds and release.



7. Hold onto a stable surface with one hand. Pull your heel towards your buttocks using your other hand. Hold for 10 seconds and release.

Reminder

-Security badges must be visible at all times. **When outside CP Oscar, badges must be put away.**

-There are no off-post privileges during the period of the Exercise.

-Personnel are prohibited from taking shortcuts across the golf course.

Camp Walker DFAC
hours from Aug 20 to Sep 02

Breakfast: 5:30 to 8:30
Lunch: 11:00 to 13:00
Dinner: 17:00 to 20:00
Midnight: 22:30 to 00:30





The Teacher Who Learned

Story and Photo by
Sgt. 1st Class Neal Snyder
311th TSC Public Affairs

CAMP CARROL, South Korea - It looked like an ordinary school, except for the built-in Buddhist temple.

When computer teacher Michele Hall walked into Soto Academy in Honolulu, Hawaii for her first day, she wasn't certain how she'd be accepted.

Hall, not a Buddhist, had been interviewed by the two co-principals. She was ready for the typical questions, but one inquiry stood out: "Do you like children?" Hall, a major in the 261st Signal Battalion of the Delaware National Guard, based in Dover, remembers.

As a Reserve Soldier, Hall is a systems engineer, designing and planning electronic networks. For Ulchi Focus Lens, she serves as the 261st liaison to the 311th Theater Signal Command, the unit exercising command and control over signal operations in the Korean theater.

Hall taught middle and high school in Delaware before her husband's career took her to Hawaii. Having taught younger children at a camp for gifted and talented students, she was ready to try elementary school.

The principals must have approved of Hall's answer, because soon she found herself in a hallway listening to voices of

two young Japanese girls discussing their last computer teacher. Japanese and Chinese students made up 98 percent of the school's population, she said.

The previous teacher had had blonde hair. "I hope her hair is black," Hall heard as she rounded a corner. "It is! It is!" It was the first time in her experience that not being fair-haired was an asset, she explained. "To them, it was good to have black hair." That day began learning through the eyes of these children of different



Maj. Michele Hall, liaison officer for the 261st Signal Brigade, right, meets with Master Sgt. Maria Rawlings, NCOIC of G4 (logistics) for the 311th Theater Signal Command.

cultures.

"They celebrated all the Chinese, Japanese and Hawaiian holidays," she said. In her first year, one of her students got to dance at the tail of a lion in a Chinese New Year parade. "It's an honor, and they have to work hard to move forward," she said.

Another custom caught her by surprise: Japanese Girls' and Boys' days. On the third day of the third month, girls came

dressed in traditional clothing.

"Boys had to carry their books that day, and, as a teacher, I had to give them mochi [sweet cakes of pounded rice]." She was ready with the mochi in the second year.

On the fifth day of the fifth month, the boys got a different kind of rice cake and girls carried the books.

May Day is a traditional Hawaiian holiday, she said. That day, students wore leis [flower necklaces], sang and wore hula skirts.

She taught four classes of 12 students per day. "It was heaven for a teacher," she said.

She'd been a teacher at Soto Academy for two years when the Hawaii National Guard offered her a civilian job coordinating education programs. Two years later, family concerns brought Hall and her husband back to Delaware. She returned to high school teaching and the 261st.

She was happy to be back with the latter, but the pressure of a 180-student schedule led to a sense of nostalgia for Soto Academy.

Not long after the end of Ulchi Focus Lens, the Halls plan to move to Washington, D.C., about two and half hours away. "Hopefully, D.C. is big enough that they will have a Buddhist elementary school."